



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

Need Help With

**LIFEGUARD TRAINING OR
 NASSAU CERTIFICATION?**

**LIFEGUARD TRAINING
 PREPARATION COURSE**

*To prepare candidates for the
 lifeguarding course pretest*

Tuesday December 6, 2022.....5:00pm-6:00pm
 Tuesday December 13, 2022.....5:00pm-6:00pm
 Tuesday December 20, 2022.....5:00pm-6:00pm
 \$30 per participant

**Nassau Certification:
 TEST PREPARATION**

*Evaluate candidates by going through a
 Mock Test, and give feedback on each
 evaluated section. i.e. proficient or
 needs improvement and why.*

TEST PREPARATION SKILLS:

- Timed 50 • Timed 200 • Brick Test
- Escapes • Rescue with Equipment
- Introduction of Cross Chest Carry

NASSAU CERTIFICATION PRACTICE TEST:

Each is a single class - 2 hours

Tuesdays: December 13, 2022
 December 20, 2022
 6:30pm-8:30pm

Thursdays: January 5, 2023
 January 12, 2023
 6:00pm-8:00pm

TEST PREPARATION COST: \$20



**Nassau Certification:
 SWIM PREPARATION**

*Refine lifeguards' stroke and help them
 become Nassau Certified lifeguards.
 Swimming technique and time focused.*

SWIMMING PREPARATION SKILLS:

- Timed 50 • Timed 200 • Turns
- Shallow Angle Dive
- Front Crawl Stroke Mechanics
- How to Build Endurance

SWIMMING PREPARATION TEST DATES:

Four classes - each 1 hour

Tuesdays: January 3, 2023
 January 10, 2023
 4:30pm-5:30pm

Thursdays: January 5, 2023
 January 12, 2023
 4:30pm-5:30pm

TEST PREPARATION COST: \$40

NASSAU COUNTY AQUATIC CENTER

Eisenhower Park | Merrick Ave, East Meadow | 516-572-0500
www.nassaucountyny.gov/agencies/Parks

Scan code for
 REGISTRATION

